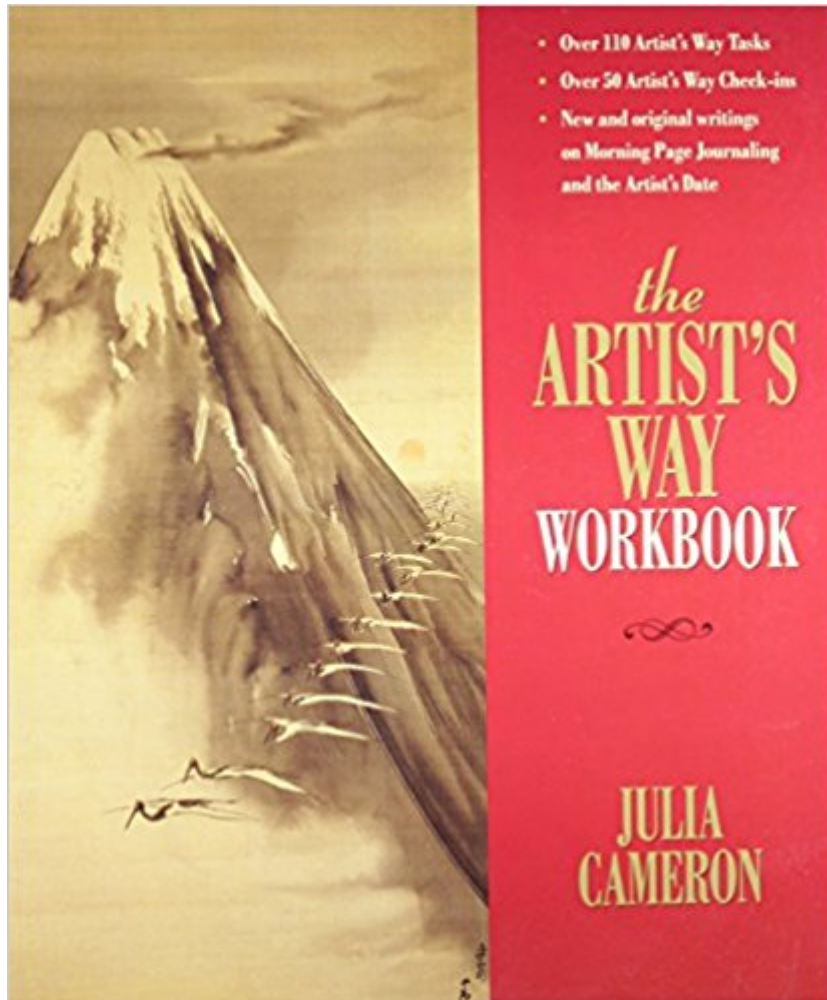


The book was found

# The Artist's Way Workbook



## Synopsis

For the millions of people who have uncovered their creative selves through the Artist's Way program—a workbook and companion to the international bestseller. A life-changing twelve-week program, The Artist's Way has touched the lives of millions of people around the world. Now, for the first time, fans will have this elegantly designed and user-friendly volume for use in tandem with the book. The Artist's Way Workbook includes: - more than 110 Artist's Way tasks; - more than 50 Artist's Way check-ins; - a fascinating introduction to the workbook in which Cameron shares new insights into the creative process that she has culled in the decade since The Artist's Way was originally published; - new and original writings on Morning Page Journaling and the Artist's Date—two of the most vital tools set forth by Cameron in The Artist's Way. The Artist's Way Workbook is an indispensable book for anyone following the spiritual path to higher creativity laid out in The Artist's Way.

## Book Information

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Best Sellers Rank: #11,124 in Books (See Top 100 in Books) #2 in [Books > Arts & Photography > Other Media > Conceptual](#) #15 in [Books > Arts & Photography > Study & Teaching](#) #62 in [Books > Self-Help > Creativity](#)

## Customer Reviews

You don't need this workbook to get the full experience of The Artist's Way, but it does provide a nice space for your exercises. It's good for an organized person who wants to get the whole Artist's Way package.

I bought this as a supplement to the book because I was leading a class on it. It turns out the workbook is only a big version of places for people to do their exercises each week that are already part of the book. Unless you really want to have a generic journal where you write out the exercises,

I recommend sticking with the book and then finding your own journal or place to do the exercises, as usually not all of them appeal to every one each week. But if you're wanting everything to match, then go ahead and buy it. Not necessary or helpful for my group, but I guess it could be for you or yours.

The Artist's Way Workbook is sort of a condensed version of the Artist's Way book. You can use the workbook without reading the book. I have read the book, love it, and would recommend reading it also. The Artist Way in all its forms is a solace for the creative side of everyone and is a fine tool for unblocking creativity.

After reading and re-reading *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron, I was completely inspired to reactivate my passion for writing fiction. For years, after trying to get a novel published, I wrote business related material, yet secretly yearned to return to what I loved most--writing fiction. In the late 90's I studied the original book, and enjoyed the various tasks that helped to open and expand my creativity. And then in 2003, my life goal came true and I published my first novel. I owe this in part to the lessons and motivational teachings found within the pages of *The Artist's Way*. And now, there is an actual workbook that makes everything that much easier to record. This workbook has everything you need to unleash your 'inner artist'--and that means any kind of creativity, whether painting, sculpting, drafting, writing, etc. Many of the activities are short and easy; some you'll find more challenging. But that is the point! I highly recommend this book for anyone who may have lost their muse, or for anyone who wants to kick it into overdrive! Excellent tool and long overdue! :) KUDOS, Julia!~ Cheryl Kaye Tardif Author of *Divine Intervention*

I love Julie Cameron & have almost all her books but this book is only of use if you don't have any other way to do your journaling! Is basically a book to record your thoughts in & if you have the Artist Way book, it is redundant. Put any money this book will cost you into another one of Julie's books!

This is supposed to be an accompaniment to the book, *The Artist's Way*, but other than serving as a reference or a second copy of the tasks of the book, I have found little use for it. I guess it gives space for the exercises, but there is not enough added material to justify the purchase.

I took a look at this at the bookstore. It's better to get the full book and purchase a journal separately. This just has the sections explaining the morning pages and the artist's date concepts,

followed by the exercises with a large blank (unlined) space under them where you fill out your info. The book is large and floppy so you need a stiff surface to write on. On a personal level the book format seems kinda ugly and doesn't appeal to me. I do like the morning pages journal workbook by the same author. It's bound like a typical book, but it's more aesthetically appealing, and the pages are lined. I don't have any problems writing in it so far, though some people have complained. I think you get a much fuller understanding if you get the "The Artists Way" itself rather than just the workbook. I looked at the workbook and was like, ok exercises, what about them? I don't see why this is made into a kindle edition. I actually downloaded it to my iphone out of curiosity. You can take notes in the kindle app, but you can't see the notes and the exercise at the same time, and obviously it's kind of cramped (at least on the iphone); plus I'm not sure of any privacy issues with your notes. You can't write on the contract page at all, it appears to be scanned in as an image? I think the author prefers that you work in long hand anyway. So it's probably better just to write on your own paper.

I really enjoy using this workbook along with Julia Cameron's Artist's Way book. Although I have gone through the Artist's Way before, this time around I thought it would be nice to add the workbook to my exercises. I am particularly happy using it because I have been doing all the exercises on the computer and finding creative ways to add them to the workbook once I've printed them out. I plan to use the Artist's Way exercises over and over again and so this workbook will be a collection of my exercises over time and a great way to see how I have grown as I look back over it from time to time.

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